

The Memorial Voice

Volume 2, Issue 1
Winter 2015

New Year, New Goals

By: Sandy Cruz

2015... That's going to need some getting used to! It's going to be March, and I will still be writing 2014 on my papers.

With the new year here, there are new things, new people and new GOALS. There doesn't necessarily have to be a new you, because I know how annoying it gets when you see the Instagram posts and hear all the comments, "New Year, New Me!" Trust me, I know... But when it all comes down to it, I think it's a great idea to set bigger and better goals so that you can make that this year so much more exuberating than the last.

Here are a few tips to setting your goals for your new year:

Tip #1: Go Big or Go Home!

Don't settle for anything less than what you know you're capable of achieving. If you have a goal you're shooting for, make

it big!

Don't

make it a

goal that just anyone can achieve; make it a goal that you have to push yourself harder and harder each and every day. Make it a type of goal that has you saying, "Oh wow! I did it!"

NEVER SETTLE FOR LESS!

Tip #2: Never Doubt Yourself

Doubt is an evil thing. It can sometimes eat away at us. You have to push that out of mind when it comes to accomplishing your goals. Always believe you can do it. Never let an ounce of doubt enter in. Believe in yourself, even when no one else will. Because at the end of the day, who has to deal with your decisions and your actions? — YOU DO. Know that there will be some bumps in the road. You will make some mistakes. But my pastor once said, "You are going to make mistakes, but those mistakes are the key [to achieving]."

Tip #3: Make it Worth the While

You aren't supposed to just make a goal for the sake of saying you made one. Set yourself up to strive for something you really want. This is the basis to creating a goal. Make every goal something that will be worth it at the end. Your goal should be one that will be worth running and suffering through the race! Make it WORTH THE WHILE!



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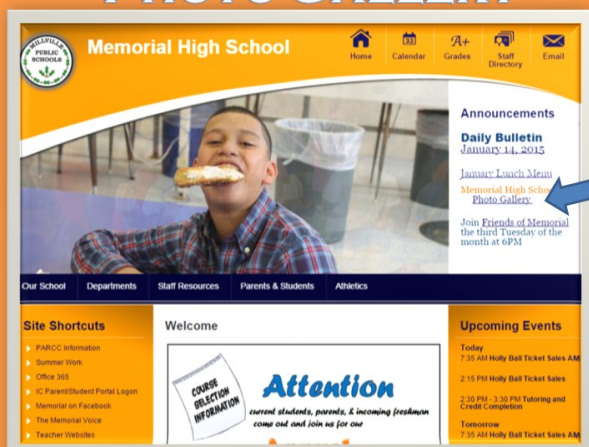
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tinyurl.com/MemorialVoice



MEMORIAL HIGH SCHOOL PHOTO GALLERY



Visit Memorial's online photo gallery with nearly 400 photos!

- Fall & Winter Pep Rallies
- Pretzel Day
- Veterans Day Assembly
- And more!!!

Excuses, Excuses, Excuses

By: Jesse Castor

Sometimes you get yourself into a situation that prevents you from being able to finish your homework. Maybe it was a party, a sports game, or you were just too lazy. We've all been in a circumstance where we had to find a way to acquire some extra time for an assignment. All students are probably going to use an excuse for homework or projects at least once in their twelve-year school career. I've used some pretty colorful excuses in the past and I'm not the only one!

Amalia Cottrell, a Memorial freshman said, "I colored all over my paper and tore it into pieces and told my teacher that my brother did it."

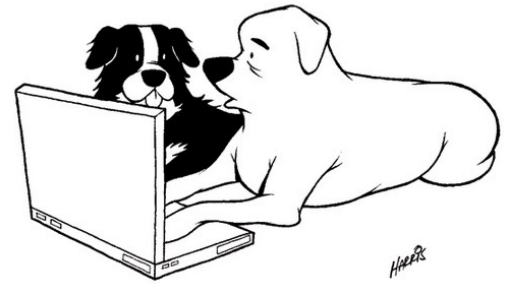
Teachers are prone to seeing right through us, whether we want them to or not. You can put on a Leonardo DiCaprio-level performance and somehow they still know that you're lying. The fake water works and

forced sobs might work against you when you're dealing with a person who practically gets paid to watch kids lie all day. So the next time you use an over-the-top tactic to sell the story of how your cat puked on your algebra homework, take the time to realize that your teacher already knows you didn't do it — they're just in for the show.

Sophomore Jeremy Rodriguez said, "I once told my teacher that I couldn't do my homework because I was busy filling up a pool. The thing that gave me away was that I said that in the middle of winter."

"I've used a lot!" said freshman Sandy Cruz, "Like once, I said that I didn't do it because I had a Zumba class, and another time I said that I had a family game night."

As you can see, students can always find a reason to get out of



"And then I just hit delete. I haven't actually eaten any homework for years."

homework. Even if sometimes the excuses don't work, I think we deserve some credit for trying. It doesn't matter how many times teachers catch a student giving a fake excuse, or however awful it may be, no one will ever be able to stop the us from trying to find a way out of bringing work home with us.

So for all you teachers out there: You can scold us however you want, but I suggest just sitting back and enjoying the wonderful theatrics we bring to the table.

Want to see **YOUR** photos in the 2015 Yearbook?

www.HJeSHARE.com
school code: memorial



Upload your own pictures:

- **Football Games**
- **Athletic Events**
- **Holly Ball**
- **After-school Activities**
- **Hanging with friends**

Yearbook Pre-order Sales Starting Soon – Listen for Announcements

BRRRRR...It's Winter Track

By: Serena Townsend

"Your body will argue that there is not a justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic."-Tim Noakes, ultramarathon runner.

Winter track. Another sport gone unrecognized. Why? For two reasons:

1. It is not football or basketball.
2. If you wanted to be a spectator, you have to drive about two hours just to get the nearest track bubble.

Like many people, you may be thinking winter track is just like spring track. It's a common misconception. Spring and winter track both involve running, but winter track takes place indoors, relies heavily on technology, and has it's own unique challenges.

So what is unique about this winter sport? Up at the "The Bubble", a white pillow-shaped building

used for winter track events, computers are used for keeping track of times, the number of completed laps, and for determining placement (1st, 2nd, 3rd, etc.) Computer errors sometimes result in runners needing to restart a race, even after running a first lap to the fullest and burning up energy.

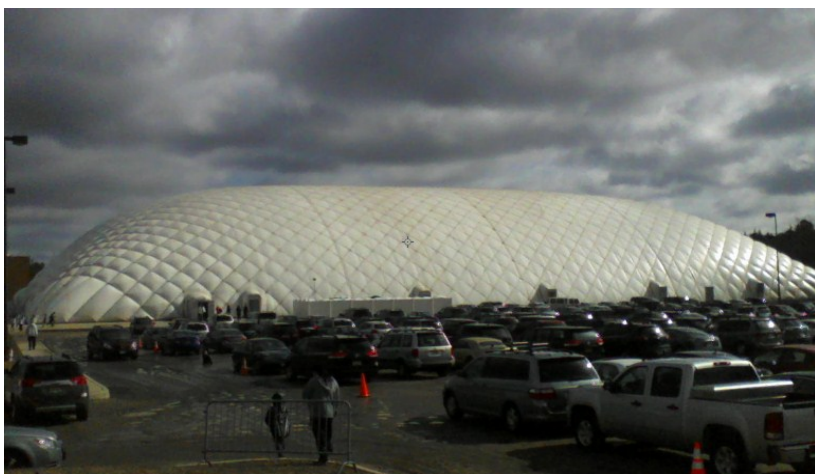
Competitions can last four hours, sometimes longer. Your legs get really sore after running and with limited indoor space, there is barely enough room to stretch without hitting anyone. Running indoors causes your mouth to get extremely dry, making it really hard to run four laps without stopping.

With an indoor track, it is challenging to stay in your own lane and not get boxed out. This happens often and you can expect to hear your coach screaming, "MOVE OUT....GET IN FRONT OF HER!" It's not uncommon to see runners elbowing when

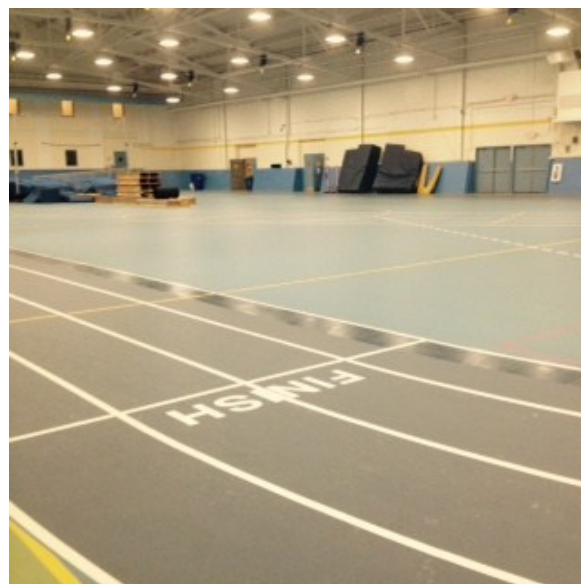


trying to get into a lane. Judges watch for this, but don't always see when it's happening.

So why compete in this winter sport? There are benefits, like early dismissals to make the long drive to "The Bubble", sleeping on the ride before the meet, and stopping at Wawa with the team. Plus, all the training has you ready for spring competitions. The really awesome part is getting the chance to earn medals on your event.



Referred to as "The Bubble", Bennett Indoor Athletic Complex in Toms River, NJ hosts winter track events for local high schools.



Some winter track events are held at the indoor facilities at the Atlantic City Armory in Atlantic City.

Student Art



Showcase

Photos by: Ruby Tawes & Sam Stratton

Agonizing Anxiety

By: Heather Hess

Students with injuries aren't permitted to participate in gym class, but those who have troubles with public speaking are forced to speak in front of our classes. An excuse involving physical pain overshadows one involving emotional.



To some, public speaking is a piece of cake. For students that are outgoing, the skill comes naturally to them. But public speaking is a skill that introverts struggle with. And because of this, these students are often underestimated.

As the day of a presentation becomes closer, more stress is upon the student's shoulders. When it is time to stand in front of a silent room of judgmental teenagers, the mind goes blank. Their voice is small and shaky; the words coming from their mouth are barely audible. Students begin to chuckle and this terribly embarrasses those who are trying their hardest to get the words out but just can't.

"Just get over it. It's not a big deal. It's easy. Stop being shy." These comments are offered from those who don't necessarily understand the anxiety that others have to deal with. You hear this from your teachers or classmates that have no problem with speaking in front of a room full of



people. They don't grasp the idea that presenting is difficult for someone since it comes so naturally for them.

Before you judge others, you should understand that we all have different strengths and weaknesses. Realize that not everyone finds public speaking easy and might need some friendly reassurances.

Girls Just Want to Have Fun-damental Rights

By: Trinity Santos

Now you may be thinking, "It's the 21st century! Everyone is equal now!"

Wrong. Women only get paid 77% (varying by race) of what men make for the same job. Women in Bangladesh are being mutilated, their faces and bodies burned with acid, for not agreeing with their husbands. Everyday a transwoman is a victim of sexual assault, hate crime, or murder.

Misogyny kills. 16-year-old Maren Sanchez was stabbed to death in her school's stairway for rejecting a boy who asked her to prom. A young man named Elliot Rodger went on a mission to kill a number of women because he was still a virgin at 22. The media portrayed Elliot Rodger as a victim, claiming he was mentally ill.

Transgender women have the average life span of 30 years. Those women are being killed simply for existing and many are forced to

stay silent about their needs, such as hormones. Transwomen are being discriminated against and not getting the surgeries they might need to stay alive.

Sexism is everywhere: on television on shows and in commercials, in award-winning movies, and throughout your daily life. You might not notice it, but it's certainly there; assaults, discrimination, murders and prejudice against women.

Women are treated like objects for entertainment. For example, in last year's showing of the Emmys, Sofia Vergara was put on a pedestal and spun around like an object for everyone to gawk at. From commercials about beer to toilet paper, women are being unnecessarily sexualized. The media even created a female M&M and tried to make it 'sexy' for commercial purposes. An M&M!!

Women need to be respected and treated equally. Not because they are your wives, mothers, daughters,

cousins, sisters and nieces; but because they are human beings.

Terms To Know

Feminism: the advocacy of women's rights on the grounds of political, social, and economic equality to men.

Feminism is not a movement against men. Feminism is a movement against misogyny, sexism, rape culture, sex shaming, body shaming, transphobia, and sexual assaults.

Misogyny: dislike of woman, prejudice against women

Misandrist: a person who dislikes, despises, or is strongly prejudiced against men.



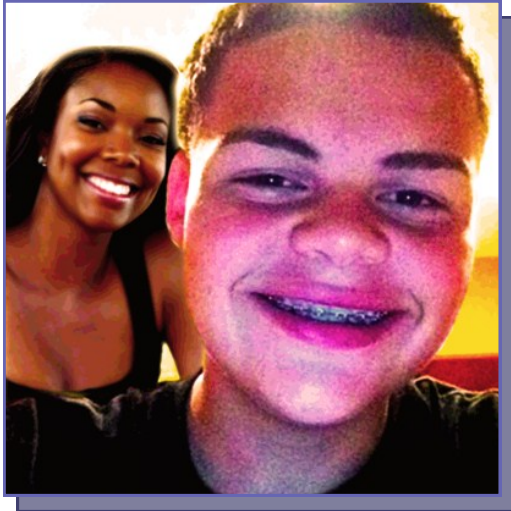


Valentine's Day Selfies

By: Cassi Haas, Antoineta Griffiths, Tianna Holden, Wayne Tomlin, Jeremy Rodriguez, Nicole Panaro

Photo Editing by: Michael Boggs

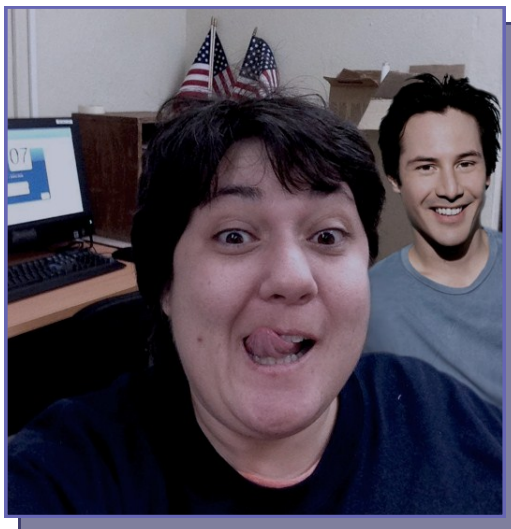
Who is your **celebrity** Valentine?



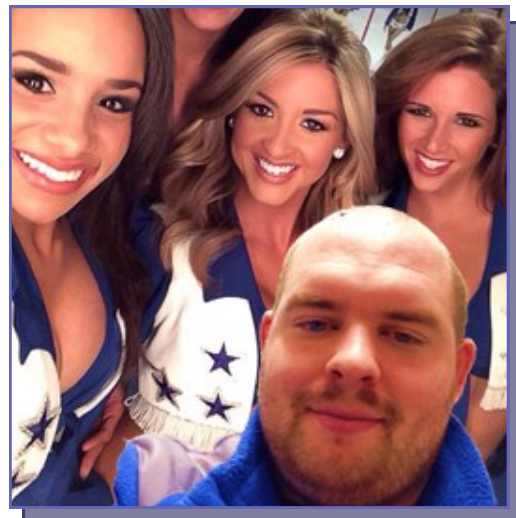
Camron Soto & Gabriella Union



Mr. Ammann & Jessica Biel



Coach Rock & Keanu Reeves



Mr. Sharp &
the Dallas Cowboy Cheerleaders

 **Submit your
Valentine's Day Selfies**

@

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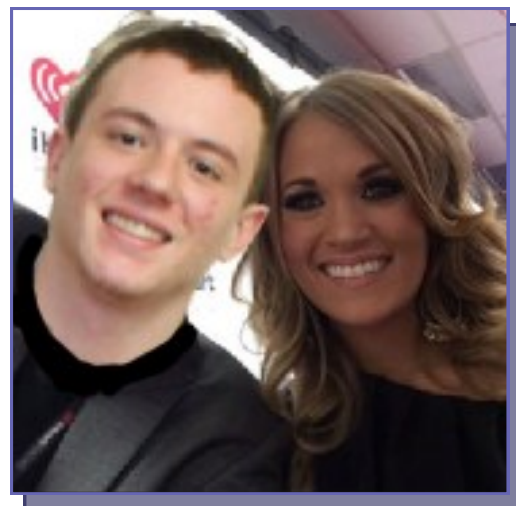
Jimmy Hadden & Ariana Grande



Miss Bonnie & Tyresse Gibson



Mrs. Kirk & Thierry Henri



Tyler Peachy & Carrie Underwood



Hope Arguello & Superman



Marta Majewski & Logan Lerman

Too Violent? Too Vulgar?

By: Heather Hess

Are violent video games really the reason for juvenile murderers and brutal teens? The theory has been researched for over ten years. Mature-rated games may not be for young children, as the label says, but they play them anyway.

Some parents may think nothing of their younger kids playing these games. They don't mind seeing their children murder and rob others; digitally anyway. Others are fixed on the idea of them being horrible and pointless. In some cases they can be harmful; it depends on the teen and what they learn from the game.

Surprisingly, to some these

games have their benefits. Some teens say it helps them to relax. Research shows that a perception of being in control while playing reduces emotional and stressful responses to real events.

To stop minors from playing violent games, California attempted to pass a law that would require violent video games to include an "18" label and criminalized the sale of mature games to minors. It was later blocked. But had this law been successfully passed, it would cause problems and teens would claim that "it's not fair".

The decision should be left to par-

their teenagers react to the games in order to determine if they should play them or not. The games are not intentionally meant to have a negative effect on players.

Gruesome and violent video games are played by others that are not meant to be exposed to these games. The controversial question: Do these games really contribute to junior violence? Each teen is different and how they react to the games and their maturity is what should determine if they should play or not. Video games are meant to be enjoyable. They shouldn't always be seen as a reason for juvenile crimes.



ents to decide. They need to see how

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bulletin board
located next to
the Main Office



2014 Winter Pep Rally

By: Sandra Cruz & Antoinia Griffiths

The students of Memorial High School came together on December 23, 2014 for the Annual Winter Pep Rally.

With fun holiday games like musical chairs, the shoe hunt, and Christmas tree dress-up, plus all the crazy excited athletes and wonderful, peppy band, it was a great way to start the holiday break.

Students helped the Memorial Mentors raise money by donating change and voting for the teacher they most wanted to play Santa. The winner, Mr. Biaselli, entertained the crowd with fun and dancing at the end of the pep rally.

Sophomore girls were awarded the Thunderbolt for most spirited.

Stay tuned for more details about Memorial's spring pep rally scheduled for April 2, 2015.

Memorial High School's Annual Winter Pep Rally 2014



From Top-clockwise: Mr. Biaselli throws candy to the crowd; Kevin Robles and India Parker have fun playing "Seven Nation Army" around the Christmas tree; Kelsey Smith takes a shot; Students collect balls during the Freshman vs. Sophomore free-throw contest.

WINTER SPORTS COUNTDOWN

By: Jeremy Rodriguez

5 Rising Freshman

Rian Eigenmann — Girls Winter Track

Shawn Hogan — Boys Winter Track

India Parker — Girls Basketball

Jared Klawitter — Boys Swimming

Carlton Lawrence — Boys Basketball

4

Star Players



Ajah Durham — Boys Winter Track

Craigreonna Jones — Girls Basketball

Desiree Fonseca — Winter Cheerleading

LJ Borek — Boys Swimming

3

Featured Memorial Athletes



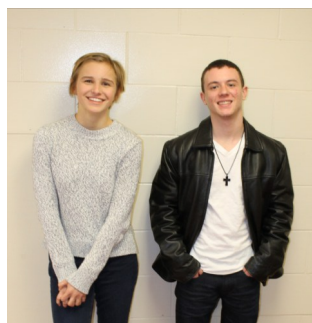
-Alejandro Romero,
The Daily Journal



-Jordan Fitchett,
The Daily Journal



-Alexis Harrison,
The Daily Journal



2

Swimming Stats

1.) Tyler Peachy

50 meter breast stroke: 38.00 sec

2.) Quinn Sheppard

50 meter breast stroke: 37.96 sec

1 PROUD MOM!



Mrs. Smith, a Memorial classroom aide and mom to MHS basketball player Amanda Smith, has a good reason to be proud this sports season! Amanda scored her 1000th career point during the Bolts win over Vineland, 63-43, on January 7th. "It was a great accomplishment and I'm very proud of her!!"



Questions or Comments?

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